

613.05  
HA

LIBRARY  
FEBRUARY.

VOL. VI.

PUBLISHED MONTHLY.

1859

---

# HALL'S JOURNAL OF HEALTH.

"HEALTH IS A DUTY."—ANON.

"MEN CONSUME TOO MUCH FOOD AND TOO LITTLE PURE AIR;  
THEY TAKE TOO MUCH MEDICINE AND TOO LITTLE EXERCISE."—*Ed.*

"I labor for the good time coming, when sickness and disease, except congenital, or from accident, will be regarded as the result of ignorance or animalism, and will degrade the individual, in the estimation of the good, as much as drunkenness now does."—*IBID.*

---

W. W. HALL, M. D., EDITOR.

---

Terms, One Dollar a Year: Single Numbers, Ten Cents.

NEW YORK:

PUBLISHED BY HENRY B. PRICE, No. 3 EVERETT HOUSE,  
4TH AV. AND 17TH ST.

—  
1859.

# THE GENERAL PROTESTANT EPISCOPAL S. S. UNION

AND

## CHURCH BOOK SOCIETY.

The REV. F. D. HARRIMAN, Agent, 762 Broadway, New York.

TERMS CASH.

### HAS JUST PUBLISHED FOR THE HOLIDAYS,

|   |        |
|---|--------|
| A WREATH FROM THE WOODS OF CAROLINA.—Quarto. Splendidly illustrated, with eleven Engravings of Flowers, drawn and colored from nature, in the best style of art. Price.....                           | \$3 00 |
| AN HOROLOGY, OR DIAL OF PRAYERS; being a Selection of Short Prayers for every hour in the day, partly from the Devotions of Bishop Andrews. Beautifully printed, 24 pages, 32mo. in paper covers..... | 05     |
| CHRISTMAS EARNINGS. By Miss L. E. Guernsey, (a capital story of the financial crisis of 1857.) Illustrated. Fancy muslin.....   | 30     |
| THE CHRIST CHILD. By T. F. (a beautiful little story for Christmas.) Illustrated. In imitation silk covers, 8 cents. Fancy muslin.....  | 15     |
| HYMNS FOR THE CHRISTIAN LIFE. (For Children.) By — In paper, 6 cents. Muslin.....   | 15     |
| PHILIP AND ARTHUR. A Christmas story for Boys. 123 pages, 18mo. Illustrated. Fancy muslin.....  | 25     |
| A STORY OF A STORY BOOK. By Mrs. Jenny Marsh Parker, 72 pages, 18mo. Illustrated. In paper, 8 cents. Fancy muslin.....  | 20     |
| AUNT CHARITY. By Mrs. N. B. Northrop. 332 pages, 16mo. With six original illustrations. In fancy muslin.....  | 75     |
| LIFE OF BISHOP CLAGGETT. By Rev. J. N. Norton. In fancy muslin.....   | 30     |
| LIFE OF BISHOP CROES. By Rev. J. N. Norton. In fancy muslin.....  | 30     |
| LIFE OF BISHOP HENSHAW. By Rev. J. N. Norton. Fancy muslin.....   | 30     |
| A CHRISTMAS CAROL. "Christ was born on Christmas Day.".....   | 03     |
| OFFICES OF DEVOTION FOR SUNDAY SCHOOLS, and Hymns illustrative of a Christian Child.....  | 05     |

|  | Half Mor. | Fan.   | Mus. |
|--|-----------|--------|------|
| LIFE OF BISHOP WAINWRIGHT.....                         | \$0 25    | \$0 30 |      |
| MIA AND CHARLIE. By A. K.....                          | 45        | 50     |      |
| SIDNEY GREY. A Tale of School Life. 16mo.....          |           | 75     |      |
| BESSIE MELVILLE. Sequel to "Little Episcopalian,"..... | 50        | 75     |      |
| WILLIE AND HARRY.....                                  | 20        | 20     |      |
| TORTOISE SHELL COMB.....                               | 25        | 25     |      |
| NANNY THORN.....                                       | 25        | 25     |      |
| PASSING CLOUDS.....                                    | 40        | 50     |      |
| BOY MISSIONARY. By Mrs. J. M. Parker.....              | 30        | 30     |      |
| LOSING THE WAY. By Mrs. J. M. PARKER.....              | 35        | 40     |      |
| HEART AND HAND. By author of "Little Housekeeper"..... | 40        | 50     |      |
| LIFE OF GEORGE HERBERT. By G. L. Duyckinck.....        | 30        | 35     |      |
| CHILD OF FAITH. By Rev. R. B. Fairbairn.....           | 25        | 25     |      |
| THE CALVARY CATECHISM. For Infant Classes.....         |           | 03     |      |

### THE LIVES OF THE BISHOPS.

BY THE REV. J. N. NORTON.

|   |        |
|---|--------|
| Fourteen Neat Volumes, 18mo. Half embossed..... | \$3 50 |
| In Fancy Muslin.....                            | 4 20   |

### THE "A. L. O. E." LIBRARY.

|  |        |
|--|--------|
| Eleven Beautiful Volumes, 18mo, in fancy muslin..... | \$3 30 |
| " " " " Half Emb.....                                | 3 20   |

|   |         |
|---|---------|
| THE LARGER LIBRARY, 380 volumes, at.....                            | \$73 00 |
| THE JUVENILE LIBRARY. 28 vols.....                                  | 2 80    |
| BOUND VOLUMES OF CHILDREN'S MAGAZINE. Thirty years. Red muslin..... | 12 00   |
| STANDARD ENGLISH BIBLES, from 25c. to.....                          | 50 00   |
| PRAYER BOOKS, from 10c. to.....                                     | 12 00   |

Address orders to

REV. F. D. HARRIMAN, Agent,

762 BROADWAY, New York.

JUST PUBLISHED. CHRISTIAN UNION AND THE PROTESTANT EPISCOPAL CHURCH IN ITS RELATION TO CHURCH UNITY. By WILLIAM H. LEWIS, D. D., Rector of the Church of the Holy Trinity, Brooklyn, L. I. 116 pp., 12mo., cloth. Price 37 cts.

Published for the author, by the

REV. F. D. HARRIMAN, 762 BROADWAY.

613 05  
HA

# HALL'S JOURNAL OF HEALTH.

OUR LEGITIMATE SCOPE IS ALMOST BOUNDLESS : FOR WHATEVER DEGETS PLEASURABLE  
AND HARMLESS FEELINGS, PROMOTES HEALTH ; AND WHATEVER INDUCES.  
DISAGREEABLE SENSATIONS, ENGENDERS DISEASE.

*We aim to show how Disease may be avoided, and that it is best, when sickness comes, to take no Medicine without consulting an educated Physician.*

VOL. VI.]

FEBRUARY, 1859.

[No. 2.

## CONSUMPTION—ITS NEW CURE.

MEN of intelligence and reflection are falling into the habit of requiring something more of the physician than his advice and his medicine. They have a curiosity to know what the remedy is, and how it is expected to effect a cure. Within the last few months millions of people have been made acquainted with a very hard word, with the previous existence of which they perhaps never had any knowledge. But it is often desirable that men of an inquiring turn of mind should extend the circle of their acquaintance, &c. "Hypophosphite" has been introduced into very many families, and received with a welcome; the other part of the name is lime. It reads in full thus: "Hypophosphite Lime," and is claimed to have ability to treat successfully scrofula, consumption of the bowels, and consumption itself. The words run thus: "The cure of consumption in the second and third (the last, Ed.) stages, except when the existing lesion of the lungs is of itself sufficient to produce death." That is, "cures consumption in all cases where there are lungs enough left to live upon." It was reported, at the time of General Jackson's death, that on the examination of the body it was found that one-third of his lungs had been destroyed, and that there was conclusive evidence that such destruction had been occasioned twenty years before. If this be true, then it follows that a man who has two-thirds of his lungs left may live twenty years in reasonable health. Therefore, "Hypophosphite Lime" can cure



"all cases" of consumption if only one-third of the lungs are destroyed.

Now, as the lungs of a good-sized man hold (that is, measure) two hundred and fifty cubic inches of air—or, in other words, can emit, after one full breath, about six tincupfulls of air, if in good health, it follows that if he has consumptive symptoms, be they ever so aggravated, if he is still able to measure, to expire four pints or two quarts or half a gallon, he can "in all cases" be cured by *HYPOPHOSPHITE LIME*, M. D., Esq. Any person, then, who is in the latter stages of consumption, must take two steps preparatory to discovering one more essential; one is merely for "satisfaction," and the other indispensable, first pay us a fair fee, according to his ability, for finding to the fraction of an inch, before his own eyes, and to his full satisfaction, how much air his lungs measure out, which we can do in two minutes, with mathematical demonstrability, and then if he can, at one full outbreathing, emit one hundred and sixty-six and two-third inches of air, and Hypophosphite Lime will cure "in all cases."

How do we know that? "Why, all the papers say so;" and that is conclusive enough of its truth in the estimation of a good many people. This being fixed, how will the cure be effected? We will now drop all round abouts, premising that oil of vitriol be poured on some burnt bones, and the ashes of seaweed be stirred in (oil of vitriol is powerful, and anything that has "sea" attached to it has great health properties in the estimation of every body,) and then allowed to settle, pour off, then pour on boiling water, stir, let settle, pour off, and dry the remnant, and we will have in the shape of the purest whitest powder a pretty good idea of the Hypophosphite of Lime and Soda. As much of this as will rest on a twenty-five cent piece, taken daily in sweetened water, one-third at a time, is the curer of consumption in its last stages, if two-thirds of the lungs are left. How?

We know that the human body has bones in it. We know that healthy bones contain phosphorus. We know that in consumption the bones have not enough of phosphorus.

All this is plain sailing. The next step, however, brings us right jam up against a mountain of brass; you can't look it out of countenance, for the looker gets out of countenance

instead of the looker, from being reminded of the fact how little he knows. For example, we do not know what other things besides phosphorus the system needs when in a consumptive condition. The most learned chemists and physiologists have not been able to decide whether phosphorus exists in the system with oxygen in it, or with none—that is, we don't know in what shape the system needs phosphorus, nor whether it is to be had outside the body in the shape in which the body will take hold of it and appropriate it to building purposes. Dr. Gregory, of Edinburgh, says it is absurd to suppose that it can exist in the body without oxygen; but Dr. Churchill, on the ground that Dr. Gregory is entirely wrong, “deduced” that if given to the body in the shape in which it combines oxygen with itself, it would cure consumption; and, as the Hypophosphite of Lime fulfils that condition, he advocates its employment.

Thus it is that the very theory that Hypophosphites are good in consumption is founded on assuming as a fact what eminent men strongly deny.

But, without wasting time in discussing mere theories, practical men have put the matter to a direct test, and have reported that the Hypophosphites of Lime and Soda are of no curative value whatever in consumption; that the least that can be said of them is—they neither do good nor harm—but, if anything, they do harm by the loss of time in using them, which might have been better employed in other ways. We therefore repeat the assertion of our last number, that the best things to take in any and all cases of consumption are exercise, substantial food, and out-door air in large but due proportions, and that without these no case of consumptive disease has ever been successfully treated by any man, living or dead.

---

## CELLARS.

THERE ought to be no cellar in any family dwelling. The house should be one or two feet above ground, with a trench around it a foot deep, so that the surface of the earth immediately under the floor should be always kept dry to the depth of several inches, and there should be open spaces in the

"under-pinning," so as to allow a free circulation of air at all times.

New York has the reputation of being about the sickliest city in the world—that is, a larger number of persons die in it during a year, in proportion to the population, than in any other first-class city in Christendom, the mortality of which is reliably reported.

There is reason to believe that moral causes originate a very large number of the deaths in New York city every year. But among the physical causes is the faulty construction of dwelling-houses, and no unimportant item is the cellar, which is under the whole building, its floor being, on an average fourteen feet beneath the level of the street. The only door of the cellar opens into the lower hall or passage. Through this door the servants pass many times every day for fuel and the ordinary articles of cooking, and at every opening a strong current of air rushes and passes upward, and impregnates every room of the building. That air is always close, raw and damp, and saturated with the effluvia given out by decaying vegetables, bones, meats, rotten wood, and offall of every conceivable description; for be it remembered that the larger houses are so contrived that, by a convenient arrangement, the ashes from the kitchen fire, with all the articles swept from a kitchen floor, or usually thrown into a kitchen fire-place, are let down into the cellar into one promiscuous heap, to be cleaned out in the spring, or fall, or both. We have seen half a dozen cart loads borne away at a single time from five-story brown stone fronts. In addition, many houses are so constructed, that all the water from the kitchen, dish-water, wash-water, soap suds, floor washings, and the like, pass into the "sink," as it is called, which is in the cellar, which is a hole dug in the earth or sand, and covered over, to be passed off into the street drain; but, before it passes off, the earth becomes saturated, and a noisome effluvia is always rising day and night, winter and summer.

Still further, our magnificent mansions have the privy under one and the same roof with cellar, chamber, and parlor; and that its sink should not become saturated, and that its effluvia should not arise more or less, or in some other manner make its way into the cellar, is an impossibility.



That such arrangements should prevail in three houses out of four in an intelligent community is certainly not very creditable.

Not long ago we had occasion to go into the cellar of a store on Broadway, near the Park, and, in looking for some article, we had occasion to pass the privy of the establishment, which was immediately under the grating over which every person had to pass to enter the store. The sights on wall, floor, seats, &c., were simply incredible; yet into this temple of filth gentlemanly proprietors and well-dressed clerks enter often daily, and within the next three minutes are chatting at the breadth of half a counter with the fashion of New York!

In houses already built, we suggest that a hole six, eight, or ten inches square, be cut in or near the cellar ceiling, leading at some distance up into the chimney, where, meeting with the hot air, a forcible draft would be made upwards and outwards, and thus secure a constant and thorough cellar ventilation. Every family should, in addition, fasten up the internal cellar entrance, and let it be from without the house through a door opening into the yard or back area, and thus make it impossible for the foul air of the cellar to find its way into the sitting rooms and chambers of the whole household.

---

### "CAREWORN"

Is a familiar expression, and conjures at once an image of a face so pale and sad as to show that its owner was utterly disheartened, was weary of himself, of life, and of all the world besides. Many such are met any day in our public streets, feeding upon what is destroying them. It is moral medicine which these unfortunates require; but unhappily the places where the "balm" for sorrow is to be had, free of cost, is not frequented by those who most need its healing power. But calling in at one of these moral "dispensaries" on Fifth Avenue, during the "crisis of '57," we gathered up some prescriptions from the "Doctor" of Divinity which we think ought to be spread broadcast over the whole country as of enduring value; for in cases not a few we have found that it was

a diseased mind which was wasting the body into the grave, and no drop or drug, or pill, or bolus known to the apothecary could avail to break up the malady of the heart. And not wishing to assume responsibilities out of our *present* line, we will use the identical words of the great prescriber, leaving it to the reader to compare and find out whether it be according to the law and testimony :

Trials increase with age, but the path of the just shineth more and more unto the perfect day.

Thinking over past trials, in order to rectify them, is most unavailing.

Each trial has its errand—as a bullet its billet. Receive each trial as from God.

Cultivate the habit of regarding daily vexations as trifles.

Never be troubled with trifles, and soon all trouble will appear as trifling.

Daily educate your mind to turn away from trials.

We can't lessen our trials by thinking on them.

You can't mend them by brooding over them.

Your motto should be—"Look forward and go forward."

Let past troubles go, except for thanks or penitence.

Nothing so kills fretfulness as advancing in duty.

Meet a fire with a new fire; meet one engrossing trouble by zeal in some important duty or enterprise.

Many hearts may even now be fretting about yesterday's trials, or to-morrow's engagements.

Don't dwell too much on seeking for consolation. Blessed are they which "endure."

The more disinterested, the more happy will you be. Throw more of self overboard in a storm, and the lighter will the vessel be left.

Trouble not about want of success in worldly business, or that wealth is endangered, or is departing, or is gone.

Aim to reap benefit from your trials.

All unnecessary care tends to evil.

Heaven is perfect freedom from care; Hell is complete vexation.

Examine how we have fallen into a fretful temper.

The cure of fretful care is in religion.

Reflective brooding makes our cares greater.



To nurse our cares is to create more of them.

Trouble comes like a thunderbolt sometimes in a family ; and thus are irreligious men daily now driven over the brink of drunkenness, insanity, and suicide.

We don't know how much material wealth has been consumed in the late commercial disasters ; but the wear and tear of anxiety, and the shortening of life, must be computed by hundreds of millions.

When trials come without our own fault, it is wrong to brood over them and to fret.

---

### POVERTY, DISEASE, AND CRIME,

Go together ; so do thrift, health, and good citizenship. The panacea for human sorrow is not the removal of poverty. That will not reach the root of the evil. Make a child good, and you give good assurance against idleness, beggary, and wasting disease. Teach a child to be clean, to be truthful, to hate all wrong doing, to be industrious and saving, and with a thorough education in " reading, writing, and arithmetic," you make him rich beyond the inheritance of paternal millions. Poverty is neither a curse nor a crime. Had we the peopling of a world like this, with present views of human nature and human need, we would turn every son and daughter into the great harvest field of life without a shirt to the back or an implement to the hand. The necessity for " device" has been the material salvation of the human family. No children are so utterly worthless as those who never knew an obstacle between an expressed desire and its gratification. No child is so irretrievably ruined as the one whose parent is its slave. Let every one enter the world with an income, and it would, under the present constitution of things, become, within a century, a world of idleness, gluttony, and havoc-making disease ; so that while it is true that, in one sense of the word, " the destruction of the poor is their poverty," it is, in another sense, not less demonstrable, that poverty is the material safety of the race—as witness the brightest, highest names in history, ancient or modern. Poverty has been the main stimulus in almost all sublime lives ; at the same time, it goads

men to the commission of the gravest crimes. What makes the difference? Not certainly what we call "intelligence," mere "education," about which unbalanced minds so constantly prate, as an infallible cure for human woe, the certain means of human weal.

Mere "education," in the common acceptance of the term, makes a man a better saint or a bigger devil, according to the direction taken in the outset; and that direction is the result of the instillation, or its neglect, *from the first year of life*, of those principles of human conduct imparted by actions as well as words, and which are founded in "love, joy, peace, long suffering, gentleness, goodness, faith, meekness, temperance;" for "against such there is no law." Let the reader go over all the qualities just named, and consider for a moment how not one of them is inseparable from the character of a gentleman and an honest man; and, if all were such, it is easy to see that this would be a world of thrift, of enjoyment, and elevation. If, therefore, the words quoted are interpreted aright, they mean that in proportion as men follow out in their daily conduct the great principles of love, goodness, and temperance, however limited may be their "education," they escape human suffering for all time, as far as that may arise from causes within themselves. The surest way, therefore, to beatify the human race permanently, is not to begin at the half-way house, by endeavoring to banish poverty and existing disease. We must begin at the beginning, and make men good by diligently sowing the seeds of "love," and "goodness," and "temperance," while yet in early infancy. This high, holy, and important duty, belongs to parents, and ought to be delegated to no others. But the fashion of the times—and one most widely prevalent—is to turn over this first of all duties to Sunday school teachers, many of whom are in their teens, and not a few personally ignorant of the "great salvation."

As far as the children of professing Christians are concerned, and as far as Sunday schools, as now too generally conducted practically, take the early religious instruction of children in the distinctive sentiments of their faith out of the parents' hands, and commit it to the unfledged, who themselves need to be taught, it were better that they, as now generally con-

ducted, and as to their tendencies in relation to the children of the church, had never been heard of.

“A thorough education,” a “superior education” of all young people, is not the panacea for the world’s ills; will never free it from destitution, crime, disease, and premature death, using these terms in their general accepted sense. We must go behind the school teacher, because the child’s destiny is shaped before it enters the A B C school-room; direction is given to its goings-out, to a very great extent, before it leaves its mother’s lap, and while yet it is toddling about the floor and amusing itself with its toys; and among the first things may be mentioned frankness, truthfulness, consistency, and affection. If an infant sees these in its parents, day by day, in all things, it will grow up to be like them with encouraging certainty, paving the way for a parental influence in teachings higher and still more important, which will form the character in such a mould as will make it safe for all time.

Father and mother are equally bound to do all within their power in forwarding these primary educations; but as the mother is always at home, and possesses the warmer and more entire affection and confidence of the child, a higher share of the responsibility rests on her; and as over her the clergyman who preaches to her every Sabbath has a commanding influence, we come back to the two first truths. First—

The clergy of all denominations must wake up to a greater diligence in urging mothers to an imitation of Hannah of old, whose concern began before little Samuel saw the light of day, and which concern never flagged, until he was officially committed to the temple. Mothers should be taught that the bedewing influence of meditative piety should be shed on the child’s nature when “as yet it is not,” and they should be urged unceasingly to follow it up day by day, until the character is fully formed. To do all this properly, mothers, amid the toils and trials and discouragements of daily life, need counsel, and sympathy, and help from the minister—given, not from the stately pulpit, but from the daily greeting and the friendly fireside call, where there is a felt confidence and a felt sympathy, the imparting and the reception of which are both happyfying.

Thus acting, the clergyman of an ordinary congregation



would, with other necessary duties, have his time fully employed. Second—to do that, others should see to it that his temporal wants are promptly, fully, and liberally met, and this devolves on the people of his charge. In short, the only hope of a world's permanent redemption from crime and disease is in a faithful ministry, well paid by the people, to enable them to give their whole time to the care of the flock over which they are the shepherds. And to make a beginning, let the reader lay down this page and rest not until he has done all he could to secure for his minister an abundant support; nor rest here. If that minister fails of an entire consecration of himself to the faithful performance of what has been marked out, turn him out as unworthy of his hire, and even if in all things else he be a very Gabriel.

We may as well wake up to the fact first as last, that all modes of “reform” of human elevation will fail, which are anything short of preventives, and that efforts for the amelioration of the condition of mankind, to be permanently successful, must reach behind the college, the academy, the Sunday school, they must reach to the infant child—must go before its birth—must operate through a mother's prayers and tears, and bedewing piety. The Editor hopes that abler minds will carry out the idea, the subject having been suggested by a letter from a rich man, without family, who desires to lay out some scores of thousands of dollars in a manner which shall most certainly accomplish the highest results. He has already spent much time and large sums of money in diffusing information which was calculated to benefit the masses, and especially the poor. Having been the architect of his own fortunes, he has not, in his social and pecuniary elevation, forgotten those who are now enduring that grinding poverty through which he once passed himself, and knowing its hardships, its temptations, and its trials, he has a heart broad and full enough to do something to save others from them, and we do certainly believe that his objects will be most radically and permanently secured by a faithful ministry and a faithful motherhood:

“DR. HALL:

“Dear Sir—We are advised to ‘take time by the forelock!’ You are evidently engaged in the endeavor to instruct the masses to take *disease by the forelock*. Why, then, may we not endeavor to teach

the masses how to take 'poverty' by the forelock? But first we must determine its cause or causes.

"William Penn said—'If you would reform the world, you must begin the reformation with your children.' (Not mine, for I ar'nt got any!) I contend that one great cause—if not the principal cause of poverty—arises from the fact that children are taught from their infancy to be spendthrifts, fearful that the little dears will not know, when arrived at the years of maturity, *how to spend money economically!* and, therefore, they are taught to spend all they get, and as fast as they get it. I should say that children should be taught how to save money, and that to spend it is as much a sin as to *lie* or *steal*, and, if there is any spending to be done, let it be done by the parent. This is my doctrine, and I would pay a handsome trifle for a good essay upon this subject.

"My worthy pa used to say—'The destruction of the poor is their poverty!' Many a one has been destroyed by consumption; but this is only the *effect*, and so is poverty only an effect. Let us have the cause, that the effect may be averted. If you agree with me, I should be pleased to see an article in your journal upon this subject; but if not, we will drop the subject like a hot potato, and let it slide.

"By the way, doctor, I have had one of your 'physiological chairs' made (ten-inch seat, not eight, as you suggest), and it gives so much and so general satisfaction, that I have ordered several more made.

"Mr. Fowler took a seat, and pronounced it a capital idea.

"Yours,

"C."

Let the three points of our article remain distinctly before the reader's mind. First—That mere education, talent, genius, is not sufficient to restrain men from crime, else Lord Bacon would never have been bribed, Dr. Dodd would never have perpetrated a forgery—else Voltaire might have been a Luther, Hume a Calvin, and Apollyon a Gabriel. Dr. Murray says, with great truth: "High talent, unless early cultivated, as was that of Moses, and Milton, and Baxter, and Edwards, and Wesley, and Robert Hall, is the most restive under moral restraints; is the most fearless in exposing itself to temptation; is the most ready to lay itself on the lap of Delilah, trusting in the lock of its strength. And, alas! like Sampson, how often is it found blind and grinding in the prison house, when it might be wielding the highest political power, or civilising and evangelising the nations."

Second—The best time for making the imprint for eternity on an immortal nature is while it is yet in its mother's womb. It was while bearing the unborn Napoleon, that the mother scoured the country at the side of her warrior husband. It was

before the birth of Samuel, who became higher than kings, that Hannah sanctified him in her heart, set him apart, and consecrated him to a religious life.

Third—It was Eli the priest who comforted Hannah in her despondency, and the priests were so amply cared for, that they could give their whole time to their duties.

---

### SUICIDAL WOMEN.

UNWISE above many is the man who considers every hour lost which is not spent in reading, writing, or in study; and not more rational is she who thinks every moment of her time lost which does not find her sewing.

We once heard a great man advise that a book of some kind be carried in the pocket to be used in case of any unoccupied moment. Such was his practice. He died early and fatuitous!

There are women who, after a hard day's work, will sit and sew by candle or gas light until their eyes are almost blinded, or until certain pains about the shoulders come on which are almost insupportable, and are only driven to bed by a physical incapacity to work any longer. The sleep of the overworked, like that of those who do not work at all, is unsatisfying and unrefreshing, and both alike wake up in weariness, sadness and languor, with an inevitable result, both dying prematurely.

Let no one work in pain or weariness. When a man is tired he ought to lie down until he is most fully rested, when with renovated strength the work will be better done, done the sooner, done with a self-sustaining alacrity.

The time taken from seven or eight hour's sleep out of each twenty-four is time not gained, but time more than lost; we can cheat ourselves, we cannot cheat nature. A certain amount of food is necessary to a healthful body, and if less than that amount be furnished, decay commences the very hour. It is the same with sleep, and any one who persists in allowing himself less than nature requires, will only hasten his arrival at the madhouse or the grave.



## MAKE A BRICK.

IN a late New York Observer we read "Do not conclude the Lord is not with you because things go very contrary, and he does not appear for you; he was in the ship notwithstanding the storm."

In all that Scott or Dickens ever wrote, there is not found a single sentence so fraught with solid comfort, bringing consolation so ineffably sweet to the heart all oppressed with harrowing trouble or torn asunder with saddest trials. Such a sentiment and such a sentence can never die, and will continue for ages to come to soothe the sorrowing children of humanity. And for that single sentence, we consider its unknown author a greater benefactor to his kind than both the men whose names are written above. When Scott and Dickens have been once read they are laid away; we instinctively withdraw from a second perusal, because nothing new is expected; but the lines we have quoted will give fresh comfort to every meditative heart at every new trial, making it feel—"There is no sorrow that Heaven cannot cure."

In the "Presbyter" of Cincinnati, another excellent family paper, we read not long ago,—“The danger, temptation, and sin of the age, is the thoughtless haste to secure the world that now is, forgetful of the better, wider, everlasting world to come.”

Composing a sentence like either of the two we have quoted, or doing a good deed in helping the helpless, in raising the fallen, in cheering those who are striving in privation and hard toil for an honest life, is to "make a brick" for the great building which is to pass the fiery ordeal of the general judgment, and which cannot be consumed like the "wood, and hay, and stubble," of which the scriptures have spoken.

Or, to change the simile, and bring it near a medical sense, the deeds above, and others like them, are "cordials" prepared before hand, which impart a life giving influence to those who have a right to use them in hours of trial and sickness, on a dying bed and at the judgment day!

How many of our readers have been making it a point to prepare a good supply of these "cordials" in case of emergency, when something will be needed beyond the common order

of things, not the jams and jellies of the ordinary table, but the sweet-meats of the soul, of good deeds done humbly in unselfishness?

We do not know when we were more impressed with commiseration, than when reading of a great reformer, so called, dying at the age of almost ninety years, the hero of Lanark, of communism. The absorbing desire of his heart, the thing which waked up for an instant his expiring energies, the one all pervading longing of his soul was—to reach his childhood's home and there die! What feeding on dry fence rails, on the veriest husks and chaff is this. Were there no sweet memories of unselfish deeds done in the long pilgrimage of Robert Owen, upon which the soul could linger, while in another sense they could be accounted as “nothing!” The Christian has died before now in raptures ineffable, in a parched desert, on a rock of the sea, aye on the wheel and at the stake, leaning his head on the bosom of the Saviour, and breathing his life out sweetly there, panting all the while to be in heaven, in the consciousness of having endeavored, now and then at least, and O how feebly, to live for man and God, to do something to happify a brother pilgrim and help him onward to the skies.

Reader! How many “bricks” made you for 1858; what of “cordials” did you prepare in that long year of blessings, the bricks and the cordials of good deeds done for your fellow man, to the end of glorifying his Maker? How many do you purpose making the present year, for it may be your last on earth? and to lay on a bed of pain and weary suffering, to encounter the mortal agony, and have no cordial by your side to carry you through it all, happily, triumphantly, how dreadful!—Go this minute and do some good deed to somebody, for you may die to-morrow, and if you do not die to-morrow, “repeat the prescription” every day until you do.

---

### WARMING CHURCHES.

MANY an excellent clergyman has lost his voice, and eventually his life, by preaching in a cold, damp, and close church; and multitudes of people have been made invalids for months

and years, and have prematurely died, from sitting in churches insufficiently warmed in winter time.

The atmosphere of any building closed for six days in the week becomes unfit for respiration in summer as well as winter by reason of its damp, heavy closeness. It requires several days for the cold and damp to get into a closed house, and a much longer time for it to get out. Hence, after several days of very severe weather, it may be sultry—even uncomfortably warm in riding, walking, or any other slight effort, and no fire is deemed necessary; on the contrary, the air of the church seems, on first entering, to be refreshingly cool, but has, nevertheless, sowed the seeds of untimely death in multitudes; for, remaining still for a couple of hours, the body becomes chilled through and through, to be followed by fever, pleurisy, inflammation of the lungs, or other dangerous forms of disease.

Many country churches are heated by stoves, which, on cold days, are kept red hot, roasting those who are near, leaving the more distant ones to freeze.

These difficulties may be easily avoided by a little knowledge and attention, which may be illustrated by stating the practice of the sextons of our city churches—or, to be more specific, the practice of the sexton of the church which we attend in Fifth Avenue, Mr. Culyer, who will doubtless be surprised to find his name in print; but as the health and lives of a thousand people are in his custody every winter's day, and as we have not in the course of years ever noticed the building too hot or too cold, his fidelity to duty, and his intelligence in this regard, merits a public notice. A thermometer is kept about five feet above the floor, about half-way between the door and the pulpit. The heat is made to reach fifty-five degrees of Fahrenheit at the time the service is about commencing. With the same heat in the furnace, it is raised to sixty by the warmth imparted from the bodies of the congregation. The fires are not built, as in country churches, on Sabbath morning, but early on Saturday morning, and are kept pushed for twenty-four hours, with a proper opening of doors and windows to secure a thorough airing of the whole building. If the weather is intensely cold, the fires are built early on the Friday morning preceding the Sabbath.



In summer time, the doors and windows are opened at daylight to let in the cool air, and at ten are closed to keep it in. Thus, by these simple arrangements, the building is delightfully cool in midsummer; while, on a zero day, we have the soft and balmy warmth of a southern clime.

---

### ENCOURAGEMENT.

SOME years ago a returned foreign missionary had almost settled down in the sad conclusion that for the remainder of a life yet young, he was to be but a cumberer of the ground; but a letter just received says—"I am happy to say that my health is now unusually good; I am under the necessity of being constantly vigilant; yet, with due caution, I labor hard, as hard as any of my brethren, and, what is far better, it awakens my sincerest gratitude God has greatly blessed my labors. For all this, under Him, I am indebted, my dear sir, to you; and that He may make you the instrument of still more and more good, especially in helping his poor broken ministers, is my sincere desire," &c.

There is a lesson of the very highest importance in this narration. This gentleman was enabled to maintain his ability for pastoral labor, hard but successful, by means of constant, untiring vigilance. Very many attempt to test the perfection of their cure by unnecessary exposures or extravagances; others by the most unpardonable indifference or inattention to their health, with the result of coming back to the physician with almost expressed upbraidings for a "temporary" improvement. The price of life to any one who has been seriously ill is eternal vigilance.

---

### A LITTLE KILLS.

POPE ADRIAN died by a gnat.

A Roman counsellor by a hair.

Anacreon, the Greek poet, by a grape-seed.

Charles the Sixth, by a mushroom.

Stephen Girrard, by a milk-cart.

Jacob Ridgeway, by a dray.

General Taylor, by a bowl of berries.

The Duke of Wellington, by a plate of venison.

Abbott Lawrence, by an injudicious change of clothing.

Rachel, the tragedienne, from want of an extra dress in the cars between New York and Boston.

Life, being hung on such little things, its preservation is a daily miracle; and that any of us should arrive at mature age is owing to the fact that there is an eye upon us which never sleeps, the eye of a Heavenly Father, whose loving kindness is over all his works—whose “mercies are new every morning, and fresh every evening.”

---

### BROKEN BONES

MAY be prevented in icy weather by taking steps short and slow, but fast and long in all weathers, in a direction from a mad bull.

If, by a neglect of these reasonable precautions, a bone is broken, the first thing to be done is to groan with an earnestness prodigious; don't yell, for that repels the hearer, while the former attracts by sympathy. Besides, groans, like tears, bring relief. Tearless silence is the sad precursor of certain death in all great bodily ailments.

Persons have added to their injuries before now by attempting to rise, and falling down again, in consequence of a limb having been broken. This may be avoided, if, on the first return to consciousness, after a “collision,” bursting of a boiler, and the like, a man would take the precaution, or have the presence of mind, before attempting to rise, to endeavor to move each leg and arm; for, if he can, neither is broken, nor are any of their joints dislocated; upon obtaining which intelligence there can be no rational obstacle to the most expeditious pedestrianism which the emergencies of the case admit of.

---

### LOCATING FOR LIFE.

To any man about building a house or locating a farm, it may be useful to know that a difference of half a mile, or even

a hundred feet, may make for his family a healthy home, or a hospital. To make a safe decision, the general laws of "malaria" and "miasm"—that is, of bad air and marsh emanations—should be understood; and it is by the investigation of these, and their publication for the benefit of all, that this journal and honorable physicians are steadily endeavoring to promote human health and happiness; yet, sorry are we to say that every now and then we hear of an unexpected defection; the love of gold seducing some to conceal their discoveries, real, imagined, or pretended, and to make of them a barter for dollars and cents. Be withering shame and irredeemable infamy the portion of him who, having gleaned all he can from the generous stores of his brethren, clutches with miserly grasp and hides in his own bosom the first ray of new practical truth which chanced to dawn on his eye. Such is the mean-heartedness of the authors of patent medicines, one of whom is frequently styled in the reading matter of even religious newspapers as the "benefactor" of his race. *Proh pudor!* gentlemen of the religious press.

---

### PREMATURE DECLINE.

MANY years ago, in travelling among the blue mountains of the Old Dominion, on a visit of curiosity to her "springs," we chanced to fall in with a young clergyman just married. He unfolded to us his prospects, bright and sad—bright as to position and opportunity—sad as to the poor health, which threatened to blast them all. Since then he has risen, and made a high mark among his fellow-men—a mark as good as it is great. A quarter of a century has passed, during which we have never forgotten him, and have never met him; but to-day we received the following:

"Dear Sir—Very highly estimating the ability and utility, the wholesome moral and religious, as well as healthful tenor of your Journal of Health, you will please mail it to me."

He has forgotten that we ever met; but the point of observance is this—the writing is in a hand so trembling, and indicating such bodily debility, that it struck us with amazement. Men of eighty years have written to us in a firmer, bolder,



younger hand ; and yet he cannot be far from either side of the line of half a century. What changes has time wrought, and how different our constitutions ! We are as merry as a cricket and as blithe as a lark of a spring morning in spite of the rubs we have had on land and sea, in city, prairie, or boundless forests of the malarial South. A knowledge and practice of the laws of life unfolds the mystery. He is young enough to electrify the Southern pulpit with his profound and burning eloquence for a quarter of a century to come. But he will never do it, nor for a decade even. Moral :—Theological students ought to spend less time in chewing Hebrew roots and poring over Greek themes—less time in handling theological polemics, and more in studying how to live long, work hard, thrive upon it, and die victorious—the battle won over sin, Satan, and a wicked race.

Let the church in general, and theological professors in particular, remember that a sick soldier is bad enough—he is but a unit—but a sick leader modifies the efficiency of whole regiments. The remedy is patent—let the friends of a sound Christianity look to it.

---

## NATURE AND REVELATION.

THE God of both is one and the same. In the operations of both the same great general principles run parallel. In the vegetable world, the world of mind and the world of grace, there are the same great changes of seed time and harvest—of ebb and flow—of renewal and decay—of increment and loss—of opportunity improved or forfeited—of chances used, or for ever gone.

Every spring the vegetable world takes a new lease of life ; every morning man wakes up to renewed vigor. In the human body, too, there are times which, more than any others, are adapted to the renovation of health and to the arrest of sickness ; but, if unimproved, the vigor of manhood declines, disease burrows in the system, and there is no repair. Nor is it different in the momentous world of grace. Ordinarily a man may at any time become a Christian ; but there are seasons of extraordinary fructification, when the facilities are so largely

increased, that resistance, refusal to employ them, is a madness, a fatuity; because, if rejected then, the offer may be made no more. It is certainly true in the life of every man that there are critical periods, which, if rightly improved, add many years to his age. These periods regularly recur, and, if *not* improved, that man never lives to see another. The fructifying shower does not always fall, and the sheltered plant, which needed it so much, will die long before another comes. And just as certain is it in this time of "great awakenings," that multitudes who stand under the spiritual showers but ward them off by feelings of indifference, or shame, or greed of gold, or thirst for human applause, or love of festivity, revelry, and mirth, or the fatal indecision, which is the

"Thief of time!

Year after year it steals, till all are fled,  
And to the mercies of a moment leaves  
The vast concerns of an immortal scene."

To doubt or under-estimate these special opportunities, because they are unusual, or transient, or may fail of permanent benefit to some, is to be like a simpleton gardener, who protects his plants against the shower because it falls at an unusual season, or because it is not sufficient, in his estimation, to produce any other than a temporary good effect, except to a portion of them; or like the unthinking invalid, who, racked with torture, refuses to take the soothing medicament because its good effects may soon pass away. So also are there times more than ordinarily propitious for the securement of health and the prompt arrest of the advance of insidious disease. Youth is the time for the former, as also about the age of forty years. As to the latter, "prompt attention" is the universal rule, given at length in our new book, "Health and Disease."

---

### FRATERNIZATION.

Most strange affinities are taking place now-a-days, in the social, religious and political world, and not less in the world of literature. A missionary from the very far west writes, "I always read the Journal through, also Dr. Rice's 'Expositor' of Chicago, I cannot say as much of any other publication."

From the banks of the turbid Missouri, a lawyer of renown assures us, that he "expects" to take Hall's Journal of Health and the New York Observer as long as he lives. A note comes from one of the first divines in modern Athens, "when-ever I receive the 'Journal' I read it through on the spot." A professional gentleman informs us, "There are two men's writings which I intend to have the very first moment of my ability, those of the Editor of the *Scalpel*, and Journal of Health." A Clergyman! writes us, "The Water Cure Journal, Life Illustrated, and Hall's Journal of Health ought to be in every family in the land." Another man thinks the *Independent* the best family paper extant, and his wife agrees with him! and further, that it and our Journal are indispensable to their comfort. Now if the JOURNAL pleases, and strikes the common sense of persons whose views so widely differ in the taking of other publications, the inference may be fairly drawn that it ought to have a circulation wider than either of them, and it would, if each of its friends would exhibit the same zeal in the promotion of what they feel to be useful and true, as the misguided advocates of error and false doctrine, show in their alacrity for the diffusion of the specious and the empty; but error is too often up and away by morning light, while laggard truth lies abed until breakfast. Gentle reader, resolve to break in upon this habit for one, by sending us the names of a dozen persons whom you love and esteem best, and thus serve truth and us too.

---

EXTRACTS FROM HEALTH AND DISEASE, BY DR. W. W. HALL.

### REASON AND INSTINCT.

THE power which sets all stars and suns in motion, ordained that it should be kept in continuance by inherent properties; we call it gravitation. That same power started the complex machinery of corporeal man, and endowed it with regulations for continuance to the full term of animal life, and we call it instinct.

The irresponsible brute has no other guide to health, than that of instinct—it is in a measure absolutely despotic, and can not be readily contravened.



By blindly and implicitly following this instinct, the birds of the air, the fish in the sea, and four-footed beasts and creeping things live in health, propagate their kind, and die in old age, unless they perish by accident or by the warfares which they wage against one another, living, too, from age to age without any deterioration of condition or constitution ; for the whale of the sea, the lion of the desert, the fawn of the prairie, are what they were a thousand years ago ; and that they have not populated the globe is because they prey on one another, and man in every age has lifted against them an exterminating arm. Man has instinct in common with the lower races of animal existence, to enable him to live in health, to resist disease ; but he has in addition a higher and a nobler guide—it is Reason. Why he should have been endowed with this additional safeguard, is found in the fact, that the brute creation are to be used for temporary purposes, and at death their light goes out forever, but man is designed for an immortal existence, of which the present life is the mere threshold. He is destined to occupy a higher sphere, and a higher still, until in the progress of ages, he passes by angelic nature ; rising yet, archangels fall before him, and leaving these beneath, and behind him, the regenerated soul stands in the presence of the Deity, and basks forever in the sunshine of his glory.

Considering then, that such is his ultimate destination, it is no wonder that in his wise benevolence, the great Maker of us all should have vouchsafed to the creature man, the double safe-guard of instinct, and of a diviner reason ; that by the aid and application of both, his life might be protected, and protracted too, under circumstances of the highest advantage and most extended continuance, in order to afford him the fullest opportunity of preparing himself for a destiny so exalted, and for a duration of ceaseless ages.

---

### TRUE TEMPERANCE.

WE do not mean a temperance restricted in its application to spirituous drink, but on the comprehensive scale laid down in the Holy Scriptures, in the injunction to be “Temperate in all things.” While it is quite certain that those who begin in

their teens to adhere to a rational temperance, may very safely calculate on reaching threescore years and ten, and even fourscore, there is the hope which example and uncontroverted fact give, that even if health is lost at "forty-five," a wise temperance begun and continued from that age, promises the living in comfort and happiness, to double the number of years!

Lewis Cornaro, an Italian nobleman, gifted and rich, yielded to the depravities of his nature, and at the early age of forty-five, found himself a wreck in fortune, fame and health. The physicians whom he consulted, being familiar with his excesses and his reckless character, fortified in their opinion, by the evident fearful inroads which disease had made on his constitution, considered an attempt at restoration so hopeless, that they declined bending their minds to the preparation of a proper prescription, and to save themselves, as they supposed, a useless trouble, they informed him that he was beyond remedial means, and that the best thing he could do would be to reconcile his mind to the inevitable event, and make for it a Christian preparation.

He at once determined that as he had but a short time to live it should be a merry one, and was about casting himself into the maelstrom of a drunken vicious life, but by some unexplained circumstance, a freak possessed him, that at one effort he would cheat death and the doctors, by entering at once upon a life of the most heroic self-denial, and become in all respects a temperate man. So precise was he, that he weighed his food and measured his drink to the end of his life. He regained his health, regained his possessions, resumed his title and his social position, and became a happy-hearted Christian minded gentleman. His whole nature seemed to overflow with kindness to all his race, and on the twelfth of March, fifteen hundred and sixty-five, feeling that he was approaching the termination of his life, and reclining on his cot, the excellent old man exclaimed: "Full with joy and hope I resign myself to thee, most merciful God." He then disposed himself with serenity, and closing his eyes as if about to slumber, gave a gentle sigh, and expired at the age of "ninety-eight years."

## NOTICES, &amp;c.

*Phonography* in five parts. By ANDREW J. GRAHAM, conductor of the Phonetic Academy, New York; author of "*Brief Longhand*." A book on this subject, able, systematic, comprehensive, and clear, has long been a want, which the author has now fully met. Sent post-paid for \$1 25.

"*Seven Miles Around Jerusalem*;" a map, 21 by 24 inches, in book form, for \$1. By JAMES CHALLEN & SONS, Philadelphia. A most valuable aid to every Bible student in localizing some of the most interesting incidents of New Testament history. The same house furnishes for one dollar each the most beautiful and finished steel engravings of the leading men of the "Christian" denomination, beginning with Alexander Campbell, who, like Saul of old, stands a head and shoulders above them all in learning, courage, and mental power.

*Sargent's School Monthly*, \$1 a year, Boston, we heartily commend to every growing family in the land. It is instructive to all.

"*Blackwood*" and the four reviews—Edinburgh, London Quarterly, Westminster, and North British, \$10 a year, LEONARD SCOTT & Co.—affords a large amount of valuable reading to all educated men.

*Educational*.—We have never yet met with a man who could inform us where, in the city of New York, a young girl could get a thorough education in any one thing short of having a special teacher. Too many of the female boarding schools and "Institutes" are schools for sham, and smatter, and show—skimming in every thing, thorough in nothing; the theatres, where meet the snobbery of recent wealth and the pretentiousness of those once rich, but have lost every thing but their pride, making a repulsive alliance for mutual advantage. But this the really rich and elevated would be very willing to submit to, if their daughters could, in these institutions, become thorough in anything, from orthography upwards. The subject of the education of our children is not understood by over one in a thousand; and until it is, it would be better, at least in cities, for each church to assume the exclusive control over its own young, as to their literary and doctrinal instruction, aiming to have both radical and thorough as far as they went; and even although that did not go beyond first principles, it would be greatly preferable to the present system, and we hope that earnest Christian people will give it their serious consideration.

*Repudiation*.—A writer in the Home Journal states, that an eminent physician in Virginia intimated to him that the "half-educated and slenderly supported country doctors find it to their interest to prolong disease." How a man represented to be an "excellent conversationist," a "philosopher," and "scientific observer," and about retiring from the successful practice of medicine, should make such a charge against "country physicians," who perform more hazardous personal labor, without any other reward than a love of humanity and a desire of maintaining professional honor, than any other class of men, without exception, we cannot conjecture. Such a man is neither a "Virginian" nor a "gentleman;" and, if he is an educated physician, he is there by mistake, and is unworthy of professional recognition.



# BUSINESS CARDS.

---

LAW.—N. MILLARD, Attorney and Councillor, No. 80 Nassau Street, New York.

CALVIN M. NORTHRUP, Attorney and Counsellor, Notary Public and Commissioner of Deeds, for all the States and Territories. Passports obtained, Collections made, Deeds prepared, Titles examined, &c. No. 14 Wall street, New York City.

OUR DAUGHTERS—Mystic Hall Seminary, West Roxbury, six miles from Boston. Mrs. T. P. SMITH, Principal—combining healthful exercises, on foot and horse, with thorough mental culture. Ref., Hon. EDWARD EVERETT, SAM HOUSTON, &c., &c.

---

## BOOKS

PUBLISHED BY

# HENRY B. PRICE,

No. 3 Everett House, New York.

## HALL'S JOURNAL OF HEALTH,

\$1 PER YEAR, SPECIMEN NUMBERS 10 CTS.

## HEALTH AND DISEASE,

ONLY \$1.00.

A book that every one in the land should read. Also,

## BRONCHITIS & KINDRED DISEASES,

CONSUMPTION, CAUSE AND CURE.

Valuable and instructive Books and should be read by all.

Sent Postage Free, on receipt of \$1.00 in Money or Postage Stamps.  
Address,

Hall's Journal of Health, H. B. Price, Publisher,  
NEW YORK.

# HEALTH AND DISEASE,

By DR. W. W. HALL.

## TABLE OF CONTENTS.

|  |  |  |
|--|--|--|
| Apoplexy,<br>"Alice," Our Little<br>Anodynes,<br>Anal Itching,<br>Appetite,<br>Air-Passages, &c.<br>Astringents,<br>Amateur Doctors,<br>Action in Emergencies,<br>Aches,<br>Apples Loosening,  | Dress, How to,<br>Exercise,<br>Eating,<br>Eyes,<br>Epidemics, Conduct in,<br>Eruptions,<br>Emergencies,<br>Food,<br>Fistula,<br>Fruits,<br>Flannel,<br>Feet, Care of,<br>Franklin's Death,<br>Forresti, Professor,<br>First Things,<br>Fainting,<br>Gymnasium,   | Nasal Catarrh,<br>Neuralgia,<br>Over-Fatigue,<br>Patent Medicines,<br>Physician the Wise,<br>Piles,<br>Pleurisy,<br>Pneumonia,<br>Public Speakers,<br>Premature Disablement,<br>Pain,<br>Perspiration,<br>Poisoning,<br>Pone of Bread,<br>Recapitulation,<br>Rules for Singing, Speaking,<br>etc., |
| Bowels, Regulation of,<br>Bodily Adaptabilities,<br>Bad Breath,<br>Bronchitis,<br>Baths and Bathing,<br>Bridge of Sighs,<br>Bleedings,<br>Burns,<br>Bread,<br>Binding Food.  | Health Regained,<br>Health Lost,<br>Health, Essentials of,<br>Healthful Evacuations,<br>Horseback Exercise,<br>How to sleep well,<br>Hoe Cake,<br>Hominy,<br>Health of Children,   | Stooling, Mode of,<br>Summer Complaint,<br>Suppers omitted,<br>Spring Diseases,<br>Seasonable Food,<br>Stockings,<br>Shoes,<br>Spitting Blood,<br>Speaking easily,<br>Sleep,<br>Spectacles,<br>Study, Best Time for,<br>Scalds,<br>Scours,   |
| Constitutions Restored,<br>Cownaro, Lewis,<br>Combe, George and Andrew<br>Costiveness,<br>Cleanliness,<br>Children, Health of,<br>Cholera,<br>Chilliness at Meals,<br>Cambric Tea,<br>Coffee,<br>Clothing, Change of,<br>Corns,<br>Colds,<br>Catarrh,<br>Cooling off slowly,<br>Chest, Development of,<br>Crying Curative,<br>Chronic Larynxitis,<br>Consumption,<br>Cough,<br>Clerical Rules,<br>Choosing a Physician,<br>Cracked Wheat,<br>Corn Bread,<br>Corn Dodger, | Instinct,<br>Itchings, Anal,<br>Injections,<br>Inverted Toe-Nails,<br>Inflammation of the Lungs,<br>Irritation,<br>Life's Great End,<br>Law and Lawyers,<br>Late Dinners,<br>Laughing,<br>Laziness and Fat,<br>Loosening Food,<br>Man and Beast,<br>Morbid Appetite,<br>Mystery of Life,<br>Mucous Membrane, | Taking Medicine,<br>Toasted Bread,<br>Tea,<br>Tonics,<br>Toe-Nails inverted,<br>Throat-Ail,<br>Travelling,<br>Teeth,<br>Urination,   |
| Dyspepsia,<br>Drinking at Meals,<br>Decline,   | Nature Resisted,<br>Nature's Cure,<br>Nature's Materia Medica,   | Visiting Healthy,<br>Voice Organs,<br>Virginia Corn-Bread,<br>Washington's Last Prayer,<br>Yeast.  |

**Only \$1.00 a Copy. Sent by Mail, Free of Postage, on receipt of price.**

**Address, Hall's Journal of Health. H. B. PRICE, Publisher, New York.**

# INDIA-RUBBER DRUGGIST ARTICLES,

CONSISTING OF

BREAST PUMPS, NIPPLE SHIELDS;

BANDAGE GUM;

PESSARIES, URINALS, PILE CUSHIONS;

DENTAL SYRINGES,

EYE AND EAR SYRINGES,

BAG SYRINGES, PUMP SYRINGES,

SYPHON SYRINGES,

HARD-RUBBER SYRINGES,

(Far preferable to Glass or Metal);

FINGER COTS, PHYSICIANS' COTS; CAUSTIC


HOLDERS, MEDICINE BOTTLES

AND CASES, &c., &c.

---

ALSO, A GENERAL ASSORTMENT OF

INDIA-RUBBER GOODS,  
OF EVERY VARIETY.

 A Descriptive Catalogue will be sent, on application,  
by mail.

**WILLIAM D. RUSSELL, AGENT,**  
**201 BROADWAY, NEW YORK.**



# THE "OLD DOMINION" COFFEE POT.



THOUSANDS OF THIS NEW

## COFFEE POT

have already been sold; and the demand from all parts of the United States is rapidly on the increase. Wherever introduced, it has given the most complete satisfaction.

### THE OLD DOMINION COFFEE POT

Makes better coffee than it is possible to obtain in any other way; because, by an ingenious but simple arrangement, the house-keeper may *boil her coffee for any length of time without loss of aroma*, thus securing all the elements of the coffee in their natural and proportional combinations.

### THE OLD DOMINION COFFEE POT

Gives a healthy beverage. Nervous, dyspeptic, and bilious persons, who had not dared to use coffee for years, have been able to drink their favorite beverage again when made in this new boiler, and without an occurrence of any of the old unpleasant consequences. It is healthy; because, by the use of a condenser, evaporation is prevented, and the coffee can be boiled long enough to release all the natural elements of the berry, and get them in just proportion in the beverage.

### THE OLD DOMINION COFFEE POT

Is the most economical; for nothing being lost by evaporation in boiling, one-fourth less coffee is required; while the beverage is stronger, more fragrant, and more delicious.

### THE OLD DOMINION COFFEE POT

Never fails to do its work. Cook cannot spoil your cup of coffee by neglect or forgetfulness, after she has placed the boiler on the stove or range.

|                      |              |
|----------------------|--------------|
| Quart size.....      | \$1 50 each. |
| Three-pint size..... | 1 75 "       |
| Two-quart size.....  | 2 00 "       |
| Three do .....       | 2 50 "       |
| Four do .....        | 3 00 "       |
| Six do .....         | 3 50 "       |
| Ten do .....         | 5 00 "       |
| Sixteen do .....     | 7 50 "       |

Larger sizes made to order.

### THE OLD DOMINION COFFEE POT

Is manufactured under the patent for the United States, by

**ARTHUR, BURNHAM, & GILROY,**  
117 & 119 South Tenth Street, Philadelphia.

Also, Manufacturers for the United States of ARTHUR'S CELEBRATED PATENT AIR-TIGHT SELF-SEALING CANS AND JARS.

\* \* For sale by Dealers in House-keeping Articles, and Store-keepers generally.

# E. D. BEACH, M. D.,

(CINCINNATI, OHIO),

GIVES his exclusive attention to the Medical and Surgical Treatment of the various kinds of

## PILES AND FISTULA,

in which he has been successful, without the use of the cautery, or the knife; nor are any other painful or dangerous methods employed.

The charges will be moderate, as but little, if any medicine is given, in ordinary cases; and the time for a complete and permanent cure is not protracted.

Clergymen of all denominations, who are dependent on their salaries, will be treated without charge.

To the educated members of the Medical Profession, every facility will be afforded for obtaining an insight into Dr. B.'s method, as there is room enough for all, and it is desirable to spread the knowledge of these painless cures, as wide as practicable, among educated and honorable practitioners of all schools.

The heat, and dust, and odors of a city, in the summer-time; the expensiveness of hotels, and the insuperable difficulties of obtaining proper food, and quiet sleep, at all seasons, make it a matter of considerable importance to secure, for patients who may have to remain a short time under daily observation and prescription, the pure air of the country—its peaceful, quiet nights, and that plain, fresh, and abundant fare, which only the country can give.

Dr. B. will, therefore, accommodate his patients at his own dwelling—a few miles out of the city, within a quarter of a mile of a railroad station, yet, so secluded, that, except on the passage of the rail train, it is difficult to feel that there is a city, within twenty-two miles, of two hundred thousand people. Patients may amuse themselves in hunting, fishing, roaming among the hills, waiting for the daily mail, or peering among the passengers for some familiar face. *Log-cabin* board will be afforded at one dollar a day, for five days, and under; over that, at the rate of five dollars a week.

Dr. B.'s office is at No. 3 East Fourth street, near Main, Cincinnati; where he will be found from Monday morning until Tuesday noon, and from Thursday morning until Friday noon; the remainder of his time will be spent with the patients, at his residence.

There is a continuous line of railroad from Dr. B.'s door to St. Louis, Chicago, Charleston, Baltimore, Boston, Philadelphia; and passengers are only one night out from Dr. B.'s house to New York.

Address,

**Dr. E. D. BEACH,**

Box 965, CINCINNATI, OHIO.

# BOOKS.

PUBLISHED AND FOR SALE AT

## PRICE'S BOOK STORE,

No. 3 Everett House, New York.

|  |        |
|--|--------|
| HEALTH AND DISEASE,.....               | \$1 00 |
| PRIEST OF CONCEPTION BAY,.....         | 1 72   |
| PRINCE OF THE HOUSE OF DAVID, .....    | 1 26   |
| CHARITY GREEN, .....                   | 1 23   |
| NOTES FROM BEECHER'S DISCOURSES, ..... | 1 00   |
| SONG OF HIAWATHA,.....                 | 1 00   |
| THE SOCIABLE,.....                     | 1 00   |
| PEASANT LIFE IN GERMANY,.....          | 1 25   |
| ADELE, by JULIA KAVANAGH, .....        | 1 25   |
| BRONCHITIS AND KINDRED DISEASES,.....  | 1 00   |
| SCHOOL DAYS AT RUGBY,.....             | 1 00   |
| QUITS,.....                            | 1 25   |
| MINISTRY OF LIFE, .....                | 1 00   |
| CONSUMPTION, CAUSE AND CURE,.....      | 1 00   |

*Any Book published in the United States, will be sent Free of Postage, on receipt of the price.*

## THE NEW YORK CONDENSED MILK CO.

OFFER for sale, at their Depot, **173 CANAL STREET**, and will furnish to citizens of New York and Brooklyn, *at their dwellings*, daily, Sunday excepted,

### BORDEN'S CONDENSED MILK.

It is simply *pure milk*, from which, while perfectly fresh, nearly all the water has been evaporated, and to which *nothing whatever is added*.

A committee of the Academy of Medicine, after a most careful investigation, unqualifiedly recommended it. Owing chiefly to its density, it resists much more effectually than ordinary milk the action of the atmosphere. The cream does not rise until it is diluted; and for some days after its preparation, it is not only *sweet*, but is absolutely equivalent to **FRESH** milk.

Recommended in many instances by Physicians of high standing for infants or feeble children, its uniformly beneficial effect upon them is perhaps the best test of its purity and value.

It is *prepared for use* by adding water until the taste is suited—its richness is wholly under the control of the consumer. 3 pints of water added to 1 quart, make  $2\frac{1}{2}$  quarts equal to CREAM; 4 quarts of water to 1, make 5 quarts of rich milk.

It is quite as valuable as pure milk in its liquid form, for all purposes for which that is used, and, for many, is much superior. It is prepared for *sea use*, and for families desirous of having pure milk *always at hand*, by combining it with refined sugar. In this form, it will keep for months, and will be found excellent for tea, and coffee; for ice-cream, custard, pudding, etc., etc.

As no necessity exists for daily deliveries, it will not be served on Sunday.

Price: 25 cents per quart. Tickets for quarts and pints may be had at the Depot, 173 Canal street, near the Bowery.

NEW YORK, May 1, 1858.

### REFERENCES.

Dr. JOHN H. GRISCOM,  
Dr. ROBERT O. DOREMUS,  
Dr. BENJ. F. MCCREADY,  
Dr. PETER VANBUREN,  
Dr. S. T. HUBBARD,

Mr. O. D. MUNN,  
Mr. HENRY GRINNELL,  
Mr. JOHN H. BROWER,  
Hon. ERASTUS BROOKS,  
Mr. CORNELIUS DUBOIS,

Mr. SAMUEL MILBANK,  
Mr. S. H. WALES,  
Mr. D. M. STONE, Brooklyn,  
Mr. H. H. BLYDENBURGH, do.  
Dr. W. W. HALL.



# COAL AND WOOD.

---

THE Subscriber has in Yard, and is constantly receiving during the season of Canal navigation, the various kinds of Coal, of the best quality, suitable for family use and other purposes, which is offered at very low prices. Now on hand :

**LOCUST MOUNTAIN COAL,**  
**LEHIGH COAL,**  
**PEACH ORCHARD (Red Ash),**  
**LIVERPOOL COAL,**  
**CANNEL COAL, and**  
**CUMBERLAND COAL.**

All of which is carefully selected, carefully weighed, and delivered in good order.

The **Locust Mountain Coal** is celebrated for its purity, and is superior to any other kind, for burning in RANGES, STOVES, HEATERS, and FURNACES.

Also constantly on hand, the best

**VIRGINIA PINE AND JERSEY OAK WOOD.**

---

Orders sent to either of the undermentioned places will be promptly attended to.

**THOS. TRUSLOW, JR.**

**14 Wall, 200 Cherry, and 265 East Fourteenth Sts.,  
New York.**

AND

**Foot of South Seventh and South Tenth Streets,  
Williamsburg.**

---

Prices at present are, for ANTHRACITE COAL, \$4.50 per ton, delivered direct from Boats; \$5.00 per ton, when sent from the Yard re-screened. VIRGINIA PINE WOOD at \$2.50 per load, and OAK WOOD at \$2.25 per load, all delivered free of Cartage.

November 1, 1858.

# Music Vale Seminary and Normal Academy of Music.

"If it be that I have done so much, it is that I have done one thing at a time."—WM. PITT.

THE above named Institution is pleasantly situated in the Town of Salem, New London County, Conn., and has been quietly and unostentatiously doing its excellent work for more than twenty years—it differs from almost every other Institution in the United States in these particulars:

*Firstly*.—Music is the only science and art taught in the Institution.

*Secondly*.—A greater number of teachers are employed than at any other Institution with the same number of pupils.

*Thirdly*.—Lessons are given daily, and hourly, if necessary; the pupils being at all times under the immediate supervision of an officer of the Institution during practice.

This Institution possesses the advantages of a retired situation, and consequent safety from all diverting excitement—and is near the consecrated ground selected by that favorite author, *IX MARVEL*, for the conception of those wonderful reveries—where may still be seen the "old arm chair" in the "grove" on the "knoll," and the brook running near it, the gate which still swings on an oak—the "old porch," and the "vine."

It is retired from the noise and amusements of city life—has an able board of teachers, and an unique system of instruction, well adapted to secure the purpose for which the school is established. Its usual number of pupils is about thirty.

At the recent anniversary, the graduating class consisted of twenty, to whom the examining board awarded diplomas.

The young ladies who receive diplomas, remain at the Seminary one year. They practice on the piano, or other instruments five hours each day—and study the theory of music about three to five more, and are required to pass an examination in presence of a board of examiners, before receiving the honors of the Institution.

Attached to the Institution is a farm of about one hundred acres, which is worked in a scientific manner under the direction of Mr. WHITTLESEY. Much of this farm is under very high cultivation, and furnishes the school family with every variety of vegetable and fruit in their season.

*Last, not Least*.—So healthy is this location, and so well are the pupils cared for, that during the twenty years of its existence, among the hundreds who have been its inmates, not a single death has occurred within the walls of this Institution, either among pupils, teachers, or domestics, during this long period of nearly a quarter of a century. Nor has any pupil, teacher, or domestic, ever come to this Institution *well* and left it *sick*, since it was founded.

## REFERENCES.

His Excellency WILLIAM A. BUCKINGHAM, Governor of the State of Conn., Norwich, Conn.  
His Honor CHAS. J. MCCURDY, Ex-Lieut. Governor, and now Judge of the Superior Court of the State of Connecticut, Lyme, Conn.

Hon. LAFAYETTE S. FOSTER, U. S. S., Norwich, Conn.

Hon. ELISHA WHITTLESEY, Washington, D. C.

Hon. LYMAN TRUMBULL, U. S. S., Ill.

S. BELDEN, Esq., Principal Fruit Hill Seminary, Providence, R. I.

Prof. JOHN E. GOULD, Philadelphia, Penn.

LAWRENCE VAN VALKENBURG, Troy, N. Y.

Hon. CHARLES CLARK, Watertown, N. Y.

Hon. IRA HARRIS, Albany, N. Y.

Rev. J. B. WOODWARD, Middle Hadham, Conn.

B. F. HARRISON, M. D., Wallingford, Conn.

## TERMS.

For Board and Tuition per single quarter, in the family of the Principal, with daily lessons, including use of Piano, and rooms with fuel and lights, \$58.00. Or if by the year, \$50.00 per quarter, or \$200 per annum.

Yearly scholars, desiring to fit themselves for teachers, will be furnished every facility for acquiring a knowledge of Thorough Bass, and the Rules of Composition, with singing lessons, together with *extra* room, lights and fuel, per quarter, ..... \$5.00

Lessons upon the Guitar, if desired, per quarter, ..... 8.00

Lessons upon the Grand Double Action Harp, two per week, ..... 15.00

For those who wish a stipulated sum for the Academical year, embracing all the privileges of the Institution, above named, we will say (payable as above), \$250 per annum.

Washing 50 cents per dozen, extra. Yearly Harp scholars will be furnished with a Harp for practice at \$4 per quarter. Use of Melodeon, \$1 per quarter. There are no other extras.

Payments, one-half in advance, and one-half at the expiration of each quarter. From the above named terms, there will be no variation.

The most approved and fashionable Music furnished, if desired, at the lowest cash prices.

Pupils are requested to provide themselves with napkins, which, together with all articles of clothing, should be plainly marked.

The shortest period for which any pupil is received, is for one quarter, of eleven weeks.

The school is perpetual; but an absence of four weeks is allowed to yearly scholars.

Lessons out of the Institution, but in its immediate vicinity, will be given at \$25 per quarter.

Ladies wishing to avail themselves of the privileges of the above named Institution will please address, ORRAMEL WHITTLESEY, Salem, New London County, Conn. Should there be a vacancy, they will be notified and can enter immediately, paying from the time they enter. Catalogues, or any other desired information, relative to the Institution, obtained by addressing as above.

Parents having two or more daughters, whom they wish to give a Musical Education, and desiring to be with them, can be accommodated with separate rooms or buildings within a hundred feet of the Seminary, by applying at least three months previous to the time they would desire to be admitted, by paying the same price, and in the same manner as pupils—with the exception of lights, fuel, and room rent, which will be furnished at rates which can but be satisfactory.

## THE JOURNEY.

The pupil has only to write to the Principal of this institution, and he will immediately forward the necessary directions for the most pleasant and expeditious route; also a *printed pass* from either New London or Norwich.

Carriages and horses, under the management of safe and experienced drivers, will be constantly kept at readiness at both of the above named places, for the prompt conveyance of pupils, free of charge, to "Music VALK."

# LA FLEUR DE LIS, THE NEW MONTHLY IN FRENCH

DESIGNED FOR

THE USE OF SCHOOLS, AND FOR ALL WHO WISH TO MAKE, OR KEEP  
THEMSELVES FAMILIAR WITH THE FRENCH TONGUE.

**TERMS OF LA FLEUR DE LIS, 15 cents per number; \$1 50 per year in advance; 5 copies \$7 00; 10 copies \$12 00.**

To encourage the study of French among both sexes in this country, a periodical like the FLEUR DE LIS, will be found a valuable auxiliary. It will appear monthly, and hence its successive numbers will be always fresh and novel. It will be made up of short original articles, and judicious selections from approved authors, and will contain such a variety as will meet the diversified taste of the young, and the ever changing moods of the human mind.

No effort will be spared to make this Magazine choice in its Literature, and elegant in its typography. We proffer it to the American public as a useful assistant in the cultivation and study of a language which is intimately connected with art and science, indispensable in many branches of business, constantly quoted in our own literature, and which is so necessary to the European traveler, that it has been aptly styled "The Key to the Continent."

The Volume commences with the September number, and the succeeding numbers will be out punctually on the 20th of each month.

It gratifies us to find that the Press, and eminent Teachers in every part of the country, are giving this enterprise their warmest approval; and we pledge ourselves, that in carrying it forward, it shall more and more merit their good opinions.

*Specimen numbers will be mailed, post paid, on receipt of fifteen cents in stamps.*

Teachers willing to act as Agents will please write to us. We will fill orders for French, Italian, Spanish, or German Books, on the most reasonable terms.

All communications should be addressed

**H. H. LLOYD & Co.,**  
348 Broadway, New York.

## TABLE OF CONTENTS, FEBRUARY, 1859.

|  | Page. |
|--|-------|
| RETOUR DU JEUNE HOMME DANS LA FAMILLE, . . . . .           | 165   |
| REFLEXION, . . . . .                                       | 173   |
| LES OISEAUX, . . . . .                                     | 174   |
| LE JARDIN DES PLANTES, . . . . .                           | 175   |
| L'IF DE CROISSEY, . . . . .                                | 176   |
| LETTRE PARISIENNE, . . . . .                               | 180   |
| LETTRE SUR LA MYTHOLOGIE, . . . . .                        | 184   |
| POUR TOI, . . . . .  | 186   |
| L'ELEVE DE RUBENS, . . . . .                               | 187   |
| LE CHAPEAU D'ESCARGOTS ET LA ROBE LE SOIE VERTE, . . . . . | 188   |
| ANECDOTES, . . . . .                                       | 192   |
| MAXIMES, . . . . .   | 193   |
| L'OISEAU-MOUCHE, . . . . .                                 | 195   |

## OPINIONS OF THE PRESS.

"A magazine in the hands of Mesdames Sawyer and Le Sage can hardly fail to be successful. We cordially commend it to our readers."—*Boston Post.*

"It can scarcely fail to become a great favorite with that very extensive class, with whom the French language and literature are a daily study."—*New York Tribune.*

"What student would hesitate a moment between

such a publication as the 'Fleur de Lis, and heavy Telemaque and all that school.'—*Galveston News.*

"It is very neatly gotten up, and full of lively and interesting matter. We wish it success, because it fills a long existing void, and deserves to succeed."—*New York Daily News.*

"The 'Fleur de Lis' is an excellent magazine for learners of French."—*N. Y. Independent.*



# FEBRUARY CONTENTS

OF

## HALL'S JOURNAL OF HEALTH.

ONE DOLLAR A YEAR—SPECIMEN NUMBERS, TEN CENTS.

|                                  |    |
|----------------------------------|----|
| Consumption—Its Cure,.....       | 29 |
| Cellars,.....                    | 31 |
| Careworn,.....                   | 33 |
| Poverty, Disease and Crime,..... | 35 |
| Suicidal Women.....              | 40 |
| Make a Brick,.....               | 41 |
| Warming Churches,.....           | 42 |
| Encouragement,.....              | 44 |
| A Little Kills,.....             | 44 |
| Broken Bones.....                | 45 |
| Locating for Life,.....          | 45 |
| Premature Decline,.....          | 46 |
| Nature and Revelation,.....      | 47 |
| Fraternization,.....             | 48 |
| Reason and Instinct,.....        | 49 |
| True Temperance,.....            | 50 |

As the Journal is not sent in any case without pre-payment, its regular reception is a receipt for 1859, vol. six.

The Bound Volume for 1858, will be exchanged for the loose numbers, and twenty-five cents, on presentation. Any lost number will be supplied at eight cents, to subscribers.

The five Bound Volumes of our Journal will be furnished for Six Dollars. Single Vol. \$1.25.

"HEALTH AND DISEASE," a Book for the People—Shows how health may be maintained and disease cured without medicine or starvation, by the proper adaptation of food, in quality and quantity, to the condition of the system; especially in Neuralgia, Dyspepsia, Constipation and Piles, PRICE ONE DOLLAR, 300 pp. 12mo.

**H. B. PRICE, Publisher,**

*New York, No. 3 Everett House.*